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ABSTRACT

Based on principles taught in the Parent Connection, Inc., parenting education and counseling program, this book for parents provides information on the fundamentals for good parenting, preventing family crises, and teaching children to be thinking, caring, and confident. The chapters are: (1) "So You're a Parent...Now What Should You Do?" focusing on parents' power to influence, reward, and punish children; (2) "Leadership Styles," identifying effective leadership styles for parents; (3) "Self-Sacrifice is Not a Virtue," teaching parents the importance of meeting their own needs; (4) "R=TLC--A Formula to Pull It All Together," addressing the connection between child responsibility and parents' thinking, loving, and confidence; (5) "Misguided Love," describing several harmful parenting styles; (6) "How Children Think," highlighting strengthening parent-child relationships by understanding how children think; (7) "Self-Esteem and Confidence Building," noting specific ways parents can enhance their children's self-esteem; (8) "Stress Management," dealing with anger management and effective problem-solving; (9) "Assertive Communication," including the nature of emotions and receptive listening; (10) "Discipline With Love," focusing on teaching right from wrong, setting limits, and following through; (11) "Discipline vs. Punishment," dealing with the impact of physical and psychological punishment on children and the roots of aggression; (12) "Conflict Resolution," addressing common responses to conflict and more effective problem-solving approaches; (13) "Sensitive Subjects," presenting effective communication techniques to address difficult subjects; and (14) "The Good Life," emphasizing the freedom to choose a better style of parenting. (KB)

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